

SARAH JOHNSON

MENTAL HEALTH COUNSELOR

CONTACT

- 517-896-7367
- 10jjohn@gmail.com
- [linkedin.com](#)
- Spring Lake, Michigan

SPECIALTIES

- Anxiety & Depression
- Life Transitions
- ADHD
- Family Conflict
- PTSD & Trauma
- Relationships & Conflict Resolution
- Behavioral Issues

EDUCATION

Masters in Clinical Mental Health Wake Forest University

2023 – Graduation May 2026
GPA: 3.84

Bachelor of Business Administration Alma College

2007 – 2010
GPA: 3.51

CERTIFICATES

Science of Well Being Certificate
Yale University
2020

200h Certified Yoga Instructor
Namaste Yoga
2017

PROFILE

Compassionate, client-centered Counseling Intern providing individual and group counseling in in-person and telehealth settings under clinical supervision. Integrates CBT, DBT-informed skills, Motivational Interviewing, and Narrative Therapy to support clients experiencing anxiety, depression, trauma, relationship concerns, family conflict, and life transitions. Skilled in DSM-5-TR-informed assessment, treatment planning, crisis support, and behavioral interventions, working with children, adolescents, adults, and LGBTQ+ clients to promote meaningful emotional growth and well-being.

WORK EXPERIENCE

Clinical Counselor - Intern

Mosaic Counseling 2025-Present

- Provided individual counseling to a diverse client population (ages 9–51) in telehealth and in-person settings, maintained a weekly caseload of 10 clients in a part-time role and utilizing CBT, DBT-informed skills, Motivational Interviewing, and Narrative Therapy.
- Collaborated on treatment planning, case conceptualization, and clinical documentation under supervision, using DSM-5-TR-informed assessment and developmentally appropriate interventions.
- Conducted risk assessments and crisis support as needed, while participating in weekly individual and group supervision to strengthen clinical and ethical practice.
- Facilitated psychoeducational and process-oriented groups at the local YMCA focused on bullying, peer relationships, and social skills development.

CASA

Child Abuse Council of Muskegon County 2021-2023

- Advocated for the child's best interests in court, gathering information from teachers, counselors, caregivers, and other professionals; authored court reports and recommendations to the judge while navigating the child welfare system and collaborating with multidisciplinary teams.
- Built a consistent, supportive relationship with the child through regular visits, ensuring their voice, needs, and well-being were represented in decisions regarding placement, services, permanency, and trauma-informed care.

Mentor

Project HOPE 2020-2022

- Provided trauma-informed emotional support and mentoring to teenage girls who were victims or at risk for sex trafficking, engaging regularly while supporting safety awareness and stabilization.
- Participated in structured group outings and activities, collaborating with program staff and case managers to foster trust, connection, and supportive peer engagement.

Yoga Studio Owner

Portland Yoga 2015-2019

- Established a yoga program in the City of Portland, supporting physical and emotional well-being through mindful movement.
- Adapted instruction for individuals with physical and emotional limitations, offering modifications and accessible approaches across multiple yoga styles.
- Managed business operations, including budgeting, marketing, scheduling, and client engagement.